



Mental Health Services

We ensure prevention and treatment services for mental health are available and provided by the state's public mental health providers. Our hope is for individuals, families and communities to recognize that treatment works. If you, a friend, or family member is struggling with a mental health problem, there is help available.

SOME OF OUR SERVICES

- 24-hour crisis care
- Case and medication management
- Inpatient treatment and counseling
- Community mental health centers statewide provide outpatient counseling, vocational and life skills training
- Utah State Hospital operates adult, children's and forensic programs, providing inpatient care for the severely mentally ill

VOLUNTEER OPPORTUNITIES

National Alliance on Mental Illness (NAMI) Utah, 801-323-9900

Utah State Hospital, Shawna Peterson, 801-344-4254

Utah Commission on Volunteers, 1-888-755-UTAH (8824),
www.volunteers.utah.gov

IF YOU NEED MORE INFORMATION

Utah Division of Substance Abuse and Mental Health
801-538-3939

Utah Behavioral Healthcare Network (UBHN)
801-265-1331, www.uacnet.org/ubhn

National Alliance on Mental Illness (NAMI) Utah
801-323-9900, www.namiut.org

Mental Health Association of Utah
801-596-3705

Allies with Families
801-292-2515, www.allieswithfamilies.org

Autism Society of Utah
801-583-7049

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Substance Abuse and Mental Health Services Administration
www.samhsa.gov

For additional information, visit www.dsamh.utah.gov

Quick Facts:

- 38,658 Utahns received mental health services through the community mental health centers
- 664 Utahns received treatment at Utah State Hospital
- There are 11 community mental health centers statewide, serving 29 counties
- Approximately 29% of adults who received treatment services have been diagnosed with a depressive disorder
- The typical mental health client is white, owns their own home, a high school graduate and realizes they need help
- 28% of high school students reported feeling sad or hopeless
- From 2001-2005, there were an average of 342 suicides per year; in 2003 and 2004 Utah ranked 8th in the nation for suicide death